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■ ENTERTAINMENT: Jessica Germano accepted by one of the best schools in Canada

Teen puts her best foot forward

VICTORIA GRAY
PelhamNEWS Staff

PELHAM — "She dances from her soul," Lori DeLuca from Dance Place said. "She stands out because people can see she dances from the inside out."

Jessica Germano, 18, of Pelham has been a student of DeLuca's since she was three years old and, after many hard-fought competitions, recitals, exams and classes, Germano has cleared another hurdle and become one of 42 dancers accepted to Ryerson University's performance dance program. The intensive program in Toronto is the only one of its kind in Canada and has earned respect worldwide.

"I knew she would get in. Some students

you wonder about, but her, I knew for sure," DeLuca said.

DeLuca said she knew Germano would become an elite dancer because she had excellent form and paid great attention to line and technique even as a seven-year-old.

"If you gave her a correction, she would correct it within that class or the very next week," she said.

Germano loves all kinds of dance, including tap, jazz, ballet, modern, contemporary and hip-hop and said she wants to preform on stage for as long as her body will allow and then go into teaching.

"I feel like I can tap into parts of myself that I didn't know were there (while dancing)," Germano said. "I make discoveries about myself every time I dance."

Germano has taken seven Cecchetti exams and recently passed her intermediate exam. These standards are difficult to meet, said DeLuca, who credits Germano's hard work and the dedication of her staff — Leanna DeLuca-Ironside, Vanessa DeLuca-Iulliano and Kim Wyld.

Germano discovered her love for dance when she started competing and seeing girls who danced well win competitions.

"I knew I wanted to work hard to be as good as them," she said.

Germano dances every day, runs and



VICTORIA GRAY Staff Photo
Jessica Germano has danced her way into one of the best schools in Canada: Ryerson University.

does Zumba when she can to keep in shape. She and her friend, Brooke Smith, have entered into the finals for Niagara's Next Star. Germano said she isn't nervous because she has performed and competed so many times before.

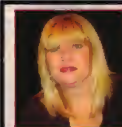
"If we fall off the (floating stage) we'll just be synchronized swimming instead (of dancing)," Germano said.

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■ **NIAGARA CENTRAL AIRPORT:** Bruce MacRitchie resumes negotiations with airport commission

Flight school staying put

ALLAN BENNER
PelhamNEWS Staff

PELHAM — Bruce MacRitchie has spent more than 8,000 hours in the cockpits of planes, helicopters and just about everything else that flies.

But flying hasn't lost its magic for MacRitchie, who earned his wings more than 20 years ago.

The president of Welland Aero Center still yells "Yeehaw!" as his Cessna 410 leaves the ground on a short trip to Brantford's airport, Wednesday.

"I've been really fortunate with all the flying I've done. I've flown all kinds of airplanes," he says. "It's been a magic carpet, no question about it. You never get over the thrill of the flight, and I'm happy to share it with other people."

And he's not ready to retire yet.

In early July, the Niagara Central Airport commission announced that it was unable to negotiate a satisfactory lease agreement with MacRitchie and was ending its working relationship with the flight school he's run at the Pelham facility since 1973.

Now, after weeks of uncertainty, MacRitchie has resumed negotiations with the commission.

He has agreed to some of the commission's terms such as lease payments, but there are still a few details to be worked out.

MacRitchie is "optimistic and hopeful" those details can be resolved in the next few weeks.

"Really it's for myself and the customers and for the reputation that we've had," MacRitchie says. "You give birth to a company and you want to see it continue to flourish, and it's all part of the goal."

MacRitchie has had a great deal of support from the community during the past few months, as well as from former students including Bill Chernish, who is now a captain with Airtran Airways. Chernish joins MacRitchie as co-pilot on this Wednesday trip to Brantford.

"It's really fortunate that he's pushing on with this thing," Chernish says. "Most people would have thrown the towel in a long time ago."

MacRitchie acknowledges that he's considered quitting several times recently.

He says the past few months have been very hard on his business, seven staff members as well as their clients.

He's lost about 10 prospective students who chose to learn to fly elsewhere because they didn't want to start their training not knowing if his pro-



ALLAN BENNER Staff Photo

Bruce MacRitchie, right, president of Welland Aero Center, stands with one of his former students, Bill Chernish, who is now a captain with Airtran Airways. Despite recent uncertainty, MacRitchie said he's getting close to finalizing an agreement with the Niagara Central Airport commission to continue running his business there.

gram would continue. Still, MacRitchie hopes to "repair the damage" that's been done, and move on.

"We still have a loyal customer base," he says, adding important elements of the operation are still going strong like plane rentals, banner towing, and other services.

Chernish says MacRitchie has "continued to promote this

airport through all of the ups and downs that they've been through."

MacRitchie plans to continue promoting the airport. For instance, he now plans on resuming negotiations with Niagara College in the hope of establishing a diploma program for commercial pilots.

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THE FLIGHT PLAN

- Bruce MacRitchie opened his flight school at Niagara Central Airport in 1979.
- On July 3, the airport commission announced that it would be ending its contract with MacRitchie, giving him 60 days to wrap up operations.
- At about the same time, the commission signed a contract with its new manager, David Devine.

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tempo

■ **YOUNG TALENT:** Justyn Petrovych rests in Pelham

Ukraine visitor showcases his beloved bandura

SARAH FERGUSON
 PelhamNEWS Staff

When Justin Petrovych came to Canada he brought the soul of Ukraine with him.

The 12-year-old boy travelled for the first time by himself, taking a nine-hour flight from Poland to Canada to visit his aunt, Helen Armstrong, in Pelham.

He brought with him his beloved bandura, a plucked string instrument well-known in his country.

"In the old days, people loved to hear the bandura because it was one of the only instruments that was played in the Ukraine."

When Ukrainians would play, they would sing about their history, and when war time came, the instrument was used to say farewell to soldiers marching off to war, says Justin.

"It was played to ease the warriors' minds and to let them know if they died in battle, they will have died for their country."

The bandura has a "clear sound" similar to a harp, says Justin, who takes lessons three times a week and practises one to two hours a day.

He plays a 53-stringed bandura, although there is a larger version of the instrument with 65 strings. Earlier Banduras only had 10 strings, he says.

His interest in the instrument began when he listened to a musician play a bandura during a concert.

"I thought I wanted to try and I loved the instrument," says Justin, who was only six years old when he began play-

ing. He has also learned to play the piano and drums.

Justin attends a musical school in Lviv, the second largest city in the Ukraine. His bandura teacher for the past four years, Oleh Suzansky, invited him to attend Kobzarska Sich, a summer music camp in Emmenton, Pa., where he received a full scholarship.

The young musician spent the first two weeks on August playing with other bandura players from Canada, the U.S. and across the world and learning more about the bandura as well as its unique art form.

The experience was an exciting one because Justin met other children from around the world—some spoke Ukrainian while others spoke only English, which required him to improve his own English-speaking skills.

When the camp finished, Justin came to visit his aunt and tour Niagara, which this week included a trip to Grandview Farms on Hwy. 20. He was excited to ride a horse because he had never before seen a horse.

He also learned about sports such as golf and American football—games that don't exist in the Ukraine.

"It's a lot different," Justin says about Canadian culture.

"I'm sad I will be leaving," says the boy who next week returns home to the Ukraine.

To hear him perform with his bandura visit www.youtube.com and search Justin Petrovych.

sarah.ferguson@sunmedia.ca



SARAH FERGUSON Staff Photo
 Justin Petrovych, dressed in a national Ukrainian outfit he uses for performances, plays a few notes on his bandura, a plucked string folk instrument common in his country. The 12-year-old boy went to Kobzarska Sich, a summer music camp in Emmenton, Pa., where bandura players from all over the world are invited to attend at the beginning of August. He has also spent the last week experiencing Canadian culture while visiting his aunt, Helen Armstrong, in Pelham.

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SUN MEDIA

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perspective



Wayne Campbell

EDITOR

It's back to school driving habits

On Tuesday morning, you will drag yourself out of bed.

Then you will shake your head to remove the haze of a Labour Day holiday weekend.

Next you will assemble the tools of your trade, grab a bite to eat and run to the car for a commute to the salt mine.

However, rather than put the pedal to the metal, please get focused.

Tuesday is the first day of school.

You've enjoyed two months relatively relaxed driving.

Now thousands of students are back on the roads. They're tumbling out of cars in front of schools. They're on school buses with flashing lights and swinging guide bars.

As you approach them, from both front and back, you have to stop. Pelham students are also walking along road sides. Many will be excited and not watching traffic. You must watch for them.

Near schools, crossing guards in bright vests and carrying big stop signs will step out to guide children across busy streets.

Look for them on Pelham St., Halst St., Regional Rd. 20 and Canboro Rd.

Similarly, older students are among the new drivers pulling into high schools such as J.L. Crossley on Regional Rd. 20.

Use your experience to compensate for what they may lack.

On Tuesday, you will probably see more than the usual number of white and black-and-white police cars.

It's a back to school tradition.

Regional and provincial police haul out radar guns. They put on a show to remind drivers of the consequences of inattention. So pay attention.

If not, you could become a statistic and a sad news release joke.

A 100 kilometre per hour speeder stopped in a 40 km school zone really is ridiculous and dangerous.

Back to school means a return to school driving habits.

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■ COLUMN

Please help save the Fonthill Kame

"It's on the Minister's desk for his decision," responded a Ministry of Natural Resources (MNR) official when asked by Mike Cole, MPP and MNR Parliamentary Assistant, about the status of the review of the Fonthill Kame ANSI (Area of Natural & Scientific Interest).

The discussion took place during an Aug. 20 meeting between Pelham representatives - Councillors John Durely and Peter Papp, CAO Darren Ottaway, and myself - and MNR senior policy reps during the recent AMO Conference in Ottawa.

The "Fonthill Kame" is our rare, 75-metre-tall landmark that was formed by retreating glaciers 13,000 years ago. At 6 km long, 3 km wide, and nearly 1,000 hectares, the Kame boasts the highest point in the Niagara Region and the headwaters of the Twelve Mile Creek.

The Kame's microclimate and soil conditions create an ideal environment for tender fruit production including peaches, sweet and sour cherries, plums and pears.

In simple terms, the Kame is the "hill" in both Fonthill and Short Hills and the "ridge" in Ridgeville.

The MNR identified the Fonthill Kame as provincially significant in 1980 and as an "Area of Natural & Scientific Interest" (ANSI) in 1983. This ANSI designation restricts development for reasons of heritage, science or education.

In May 2008, the MNR recommended making changes to the ANSI, significantly reducing its



Dave Augustyn

MAYORAL VIEW

coverage to "representative samples."

The Town of Pelham Council, Niagara Regional Council, Niagara Escarpment Commission, Niagara Peninsula Conservation Authority, scientific experts, more than a dozen Pelham residents, Tim Hudak, our MPP, and Minister Jim Bradley, St. Catharines MPP, voiced opposition to changing the ANSI.

As a result, in early 2010, Pelham received a letter from Donna Cansfield, MPP, Minister of Natural Resources, in which she stated "Please let me assure you that it is our intention to maintain and, where feasible, enhance the current ANSI boundary."

Despite that assurance, the Ministry proposed further refinements to the ANSI in 2011.

Unfortunately, that proposition would have reduced the ANSI to "Swiss-cheese," failing to protect huge portions of the Kame - especially those areas that are under direct threat of new or expanded gravel pits.

Since the final review of the Fonthill Kame ANSI is "...on the Minister's desk" for an imminent decision, I ask you to write to the current Minister, the Honorable Michael Gravelle, asking him to honour the commitment

to "...maintain and, where feasible, enhance the current ANSI boundary."

Hon. Michael Gravelle, MPP
Minister of Natural Resources
Whitney Block, 6th Floor, Room 6630
99 Wellesley St. West
Toronto ON M7A1W3
Tel: 416-314-2301
minister.mn@ontario.ca
mgravelle.mpp.co@iberallia.org

It is imperative that Minister Gravelle hear from you and others about the importance of the Fonthill Kame and that you request that the 30 years of ANSI protections remain.

For additional information, including maps, letters, and points you can incorporate into a letter to Minister Gravelle, please see my on-line Journal at www.pelhammayordave.blogspot.com.

You may contact Mayor Dave Augustyn at mayordave@pelham.ca or read past columns at www.pelhammayordave.blogspot.com.

CORRECTION

A column by MPP Tim Hudak, which appeared in the Thursday, Aug. 23 edition of the Pelham News, inadvertently carried the picture of Mayor Dave Augustyn. We apologize for the mistake.

■ readers' views

Safety is our principal concern

There is a proposal to move the Maple Crest Early School to the heritage house at the corner of Hwy 20 and Hillcrest Place in Fonthill.

We, the community, argued strongly at a recent public meeting that the traffic of an additional 50 cars in the morning and afternoon turning off onto Hwy 20 at the top of the hill creates a real danger for everyone. Yet our Mayor and some councillors do not seem to be convinced.

I invite Mayor Augustyn, the councillors, and everyone else who thinks this is a good idea to visit the location and see our concerns first hand.

I encourage them to try to turn off of and onto Hwy 20 from Hillcrest Place during morning and afternoon traffic congestion as well as when vehicles speed excessively up the hill.

Our primary concern is for the safety of the young children going to this school, the safety of our children, and the overall safety of our community and roadways.

Terry Wade
Hillcrest Pl, Fonthill

■ LE VENT DU NORD DRIFTS INTO FONTHILL



Supplied photo

Juno Award winning Le Vent du Nord is enjoying huge international success as a Quebec folk ensemble. Nicolas Boucher, Simon Beaudry, Olivier Demers and Rejean Brunet deliver music that will move any crowd - to their feet and into their hearts. These four friends clearly have fun playing a unique blend of Quebecois folk music with sweet, tenor harmonies and original instrumentals. Since its inception in August 2002, Le Vent du Nord have been enjoying rocketing success. Some of their songs come from traditional folk repertoire, while others are original compositions. The 7 p.m. to 9 p.m. concert at the Fonthill Bandshell Thursday, Aug. 30 is presented in memory of Chuck Chataway. For more information go to www.fonthillbandshell.com on the web.

■ **BASEBALL:** This week on the diamond

Pelham in the playoffs

For PelhamNEWS

On Friday Aug. 17, the Pelham Panthers Pee-Wee Rep team, sponsored by Bobcat of Hamilton, travelled to St Catharines to play their third game of the NDBA playoffs. The Panthers fell behind in an early 4-0 deficit after the second inning but they quickly took control of the game in the fourth inning, scoring ten runs on eight hits. The Panthers continued the attack and were able to mercy the Cobras in the fifth inning by a score of 16-5.

Ryan Reece hit his first home run of the season followed by a balanced attack at the plate with Garrett Quigg, Stephen Scott, Evan Dobbie, Harry Steven all hitting two singles, while Spencer Reynolds had a single and a double, Sydney Porte hit a double and Nathan Cook and Dallas McKee contributed with a single each.

Garrett Quigg quieted the Cobras bats in the 3rd Inning allowing 1 run and striking out 5 batters over the remaining 3 innings. With the win the Panthers move on to the NDBA Semi Finals where they will face the first place Niagara Falls Minors on Sept. 4.

CHAMPIONSHIP DAY

On August 18th, the PMBA TimBos T Ball

division held their Championship Day at North Pelham Park. The six PMBA teams fied off in exciting games, and the players competed in Pitch, Hit and Run events to test their skills. Congratulations to Matthew Oakes, Ben Butner, and Ethan Budal, who won the P&R competition.

INTERLOCK FINALS

On the weekend of Aug 24th, four Pelham teams advanced to the Niagara Interlock Championship Finals, held at Memorial Park. The Lafarge Rookie Ball team won two games, and advanced to the semi-final round. The Studio 20 Mosquito team took 3rd place in their division, and the Meridian Credit Union PeeWee team also captured 3rd place with a victory over Welland. The Miller Restoration Rookie Ball team narrowly missed reaching the semi-finals.

REACH NIAGARA FINALS

The Pelham Mosquito Rep team, sponsored by Mossimo's, reached the finals of their Niagara District division, but lost the best of three series to the Niagara Falls Major team. The Pelham Panthers Mosquito Rep team will also travel to Belle River to compete in the OBA Championships.



Supplied photo

Photo from left, front row: Coressa Beeke, Samantha TerHarmsel; back row: Coach Michelle TerHarmsel, Bailey VanHoorn, Kevin denHollander, Ethan Guitard, Vanessa Sarvis, Coach Tim Beeke, Melanie Beeke, Leah Beeke, Maria TerHarmsel. Absent from photo: Ryan Kulikowski, Jared deBruin and Owen deBruin.

Ferwick Softball's Intermediate fast-pitch season ended Saturday. Joe's Plumbing came first place in the regular season, and were also the Playoff Champions. Special thanks to coaches Tim Beeke, Michelle TerHarmsel and Ben TerHarmsel for a wonderful season. Also, a thank-you to our other intermediate sponsors and coaches: Quality Exteriors (coached by Wayne Robins, Dave Chandler and Dave Anderson), and Lampman's Furniture (Coached by Sam Perra & Scott Middleton).

■ **CHARITY:** Thanksgiving drive begins Sept. 6 at Market

Klager's raises funds for Pelham Cares

For PelhamNEWS

For the third year in a row, Klager's Meat and Produce is helping to make sure Pelham families in need have a Thanksgiving dinner.

The Thanksgiving fundraiser is once again being kicked off at the Farmer's Market on Thursday Sept 6th. Pelham Cares will be taking donations to help provide the hams and turkeys for their registered food clients.

After Sept 6, customers can drop by Klager's store located at 1507 Pelham St to make a donation.

Betty Brown, coordinator of client services at Pelham Cares said "last year

34 Pelham families requested assistance and received either a ham or turkey for their Thanksgiving dinner in addition to fresh veggies, which were generously donated by a local supplier."

"We wouldn't be able to do it without the help of our community, Klager's and Urban Graze, who donate the produce," she said. "We are so thankful for their support." Donations can be made at Klager's during store hours up to Oct. 6. In addition to taking monetary donations at the Market on Sept 6, volunteers will be there to accept any non-perishable food items.

For more information contact Pelham Cares at 905-892-5300

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LIBRARY EVENTS

MEDITATION MORNING

Marcia leads you through a number of types of meditations for stress relief and focus. Great for beginners and those who have meditated before. Please bring a pen and notebook with you.
Sat., Sept. 8 9:30-11:30. Cost is \$3. Please register ahead.

INTRODUCTION TO WINDOWS 7

This hands-on introductory session

will teach you to use Windows 7 effectively. A laptop computer will be provided. You must be able to use a keyboard and a mouse. Sat. Sept. 8 2-4 p.m. \$5. Please register ahead in person.

GET CRAFTY FOR GRANDPARENTS DAY

Drop into the Children's Area of the library and get crafty with your grandchildren. Craft supplies, colouring pages and more will be put out so you can have fun and be

creative together. No registration needed but supervision required. Free event. Sat. Sept. 8 between 10 a.m. and 2 p.m.

HEMMINGWAY'S ISLAND

Fenwick authors Eleanor Johnston and Wayne Fraser invite their audience to join them in a cold "noijo" and in "Imagining Hemmingway" through their extensive research, through their novel "Hemmingway's Island" and through a slide show of Hemmingway's Cuba. Hemmingway's Island is a rich adventure that

explores Hemmingway's last, wild days in Cuba. Books for sale and signing. Mon., Sept. 10 at 7:30. \$4. Please register ahead.

SET UP YOUR OWN PINTEREST ACCOUNT

Pinterest is a virtual bulletin board. It connects people through the "things" they find interesting - favorite books, toys, recipes, decorating ideas, events, movies, craft ideas, etc. Post your own favourites and follow other people who share common interests. Tues., Sept. 11 at 6 p.m. \$3. Please register ahead in person and include a current email address.



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Don't have time for the whole CPR course? Do you want to feel more prepared for a possible emergency but not in need of official certification? This session is perfect for those individuals who would like to know CPR for their own family's safety. This short and easy-to-learn session is taught by Jessica Stewart, a certified instructor. Wed. Sept. 12 6 p.m. to 8 p.m. Cost is \$5. Please register ahead. * Note: you will not get an official certificate for completing this training.

NATURE PHOTOGRAPHY WORKSHOP

"Combine a love of nature with our proximity to Short Hills Provincial Park and St. Johns Conservation Area and you have the perfect recipe for Nature Photography. Join Peter Ferguson, President of the Welland Camera Club, for an informative workshop exploring the many ways you can improve your photography skills to capture all that Mother Nature has to offer." Mon., Sept. 17 from 6:30 - 8:30. \$5. Please register ahead.

FALL STORYTIME

New sessions of Storytime for ages 0-6 begin the week of Sept. 16. Please register ahead.

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What your new remote could look like if Bell Canada has its way.



Bell Canada, which already owns CTV and TSN – wants to buy yet another competitor, Astral Media Inc., the company that controls HBO Canada, The Movie Network, Viewers Choice, and many other popular TV channels. The new giant company would own a staggering 79 TV channels. Ottawa must stop this deal, because it will be bad for consumers and for Canada. Here's why you should speak out against it:

1. If Bell Canada controls all the most popular content, they could charge the rest of us whatever they want to watch it.
2. To get popular channels, you may face pressure to also pay for other Bell Canada channels that you are not interested in watching.
3. To watch popular programs, you may face pressure to buy Bell Canada wireless, phone, Internet and TV services.

Healthy competition keeps prices in check, creates more jobs, and leads to better service. Tell Ottawa to say no to the Bell Canada, Astral Media Inc. deal and yes to healthy competition.

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Many patients come into the pharmacy and have questions about cholesterol and what they can do to decrease it. Whether they found out they have elevated cholesterol through routine blood work or have a family history of high cholesterol, patients are curious about natural ways of lowering their cholesterol.

There are two types of cholesterol: a "good" cholesterol (HDL) and "bad" cholesterol (LDL). For patients with high cholesterol, the goal of therapy is to increase the amount of HDL and decrease the amount of LDL. Approximately 80% of cholesterol is made by the body and only 20% comes from the food you eat.

Many commercials for food products such as cereals and margarines are advertising that they can help lower cholesterol. The goal of this article is to examine the evidence of the effectiveness of various natural health and food products on the market that claim to lower cholesterol.

Products that contain soluble fibres such as psyllium (ie. Metamucil) or oat bran are known as bile acid binders. These products increase the excretion of cholesterol from the body as well as increase the breakdown of cholesterol in the body to less harmful products. Between 10 and 30 grams of psyllium fibre daily mixed with other foods has been shown to have a significant cholesterol lowering effect.

Between 1.5 and 3 grams per day of Niacin (Vitamin B3) has been shown to lower bad cholesterol while increasing good cholesterol. In some patients, Niacin can cause skin flushing (redness of the skin) as well as itching. There are "flush-free" or "no flush" Niacin products available; however, their effectiveness has not been established.

Plant sterols and stanols often found in margarines labeled heart healthy (such as Becel Pro-Active) have been shown to prevent some of the absorption of cholesterol from the diet and can be included as part of a healthy diet high in fruits and vegetables to lower cholesterol.

Finally, some studies have shown that between 600 and 1200mg of garlic in three divided doses can lower the levels of cholesterol and triglycerides (fat) in the body. Unfortunately, some patients report bad breath as well as nausea and flatulence when taking this amount of garlic.

Patients who have been prescribed a cholesterol lowering medication called a "statin" such as Crestor (rosuvastatin) or Lipitor (atorvastatin) can consider taking Coenzyme Q10. Statins inhibit the synthesis of Coenzyme Q10, which may lead to muscle weakness and impaired energy metabolism.

If you have any questions about natural health products available to help lower your cholesterol, be sure to ask your physician or community pharmacist to see if those products are right for you.

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SWEET HARVEST



MARYANNE FIRTH Staff Photo

Visitors seeking sweet corn have kept James and Anne Durst busy recently at Bry-Anne Farms at 471 Foss Rd. Corn is in season along with a variety of other fruits and vegetables found at the Fenwick farm.

Kids Are *Really* Different

It probably won't come as a huge surprise but... kids are really quite different from us.

The truth is, your children are growing and developing every waking moment, and perhaps even more when they are asleep. They have far more energy than adults, they burn calories more efficiently, they metabolize food better and they heal from injuries almost three times as fast as an adult.

Just 'growing up' is probably enough to send their nutritional needs off the scale, but factor in everything else and it's obvious that children have some fairly significant nutritional requirements.

All of this growing and developing and energy requires a wide range of vitamins and minerals. However, a few are especially important for growing bodies and minds. Vitamin A promotes normal growth and development, along with tissue and bone repair. This vitamin also helps produce healthy skin, eyes and



improved immune responses. Added Calcium helps build strong bones as your child grows. On top of that, there is vitamin D, magnesium, B vitamins and Vitamin C - to help your child maintain a strong immune system. Most of these nutrients are also vital for your child's retention, and attention functions and for improved learning ability.

Let's face it, what child eats properly? Children are famously picky eaters and hardly ever seem to get the quantity and the quality nutrition they really need.

Try Kids Daily One. It's a full value multivitamin and mineral supplement that can help your child achieve and maintain good nutritional health.

For more info about Quest Kids Daily One visit Rosemary's Natural Choices

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